



Simple Steps to Save on Sodium

Sodium is a mineral found in table salt, as well as in many foods, where it occurs both naturally and as added salt. The Dietary Guidelines for Americans generally recommend that we consume less than 2,300 milligrams (mg) of sodium per day—the amount of sodium found in about one teaspoon of salt.

If you're watching how much sodium you eat, try the tips below the next time you're at McDonald's®.

- Request hamburgers without grill seasoning, which contains a mix of salt and pepper.
- Ask for French fries without added salt.
- Don't add salt at the table.
- Skip or go light on sandwich condiments such as ketchup, mustard, pickles, sauces and dressings.
- Use a smaller amount of salad dressings.
- Order sandwiches without cheese. You'll save 230 mg for each slice of American cheese.
- Choose menu items made without sausage or bacon.

To customize various McDonald's Menu items and get the Nutrition Facts, please visit the Food, Nutrition & Fitness section at www.mcdonalds.com. We continually update our Nutrition Facts and ingredient information. Nutrition information based on standard formulation; variations may occur.

Sodium-Saving Ideas

SODIUM SAVED (mg)

Order

A Premium Salad without a crispy or grilled chicken breast filet	710/670
A Quarter Pounder® with Cheese Sandwich or Double Cheeseburger without cheese (2 slices)	460
An Egg McMuffin® Sandwich, Biscuit, or McGriddles® Sandwich without the sausage patty	340
A Quarter Pounder®+ with Cheese without ketchup and pickle slices	250
An Egg McMuffin® Sandwich without Canadian-style bacon	230
Use only half a packet of salad dressing	170 - 370
A Biscuit or McGriddles® Sandwich without bacon	170
A Filet-O-Fish® Sandwich without tartar sauce	110
A Big Mac® Sandwich without Big Mac Sauce	105
A Premium Chicken Classic®, or Premium Chicken Club Sandwich or a Big N' Tasty® Sandwich without mayonnaise dressing	85

+Based on the weight before cooking 4 oz. (113.4g)

©2008 McDonald's

CS-6777

May be reproduced for educational purposes.



Nutrient results for meal and menu item suggestions are rounded according to federal rounding regulations. Serving size designation for beverages refers to total cup capacity; the actual amounts of beverage (and ice) may vary.

This information is effective 10-01-2008



Simple Steps to Save on Sodium

If you're keeping tabs on sodium, consider the McDonald's® meal suggestions below.

SODIUM (mg)

Breakfast

Scrambled Eggs (2) **470**
 English Muffin
 Apple Juice Box (6.75 fl oz)

Hotcakes with syrup **730**
 1% Low Fat White Milk Jug (8 fl oz)

Lunch/Dinner

Bacon Ranch Salad without chicken **650**
 Newman's Own® Ranch Dressing, ½ pkg.
 Fruit 'n Yogurt Parfait
 Bottled water

Hamburger **700**
 Small French Fries
 Apple Juice Box (6.75 fl oz)

Chicken McNuggets® (6 piece) **770**
 Apple Dippers with Low Fat Caramel Dip
 1% Low Fat White Milk Jug (8 fl oz)

Filet-O-Fish® Sandwich without tartar sauce **790**
 Side Salad
 Newman's Own® Creamy Caesar Dressing, ½ pkg.
 Bottled water

Honey Mustard Snack Wrap® (Grilled) **860**
 Snack Size Fruit & Walnut Salad
 Bottled water

McDonald's Menu Items for Sodium Watchers

Breakfast Items: Less than 700 milligrams of sodium

- Apple Juice Box (15 mg)
- Fruit 'n Yogurt Parfait (85 mg)
- 1% Low Fat Milk Jug (125 mg)
- Scrambled Eggs (180 mg)
- English Muffin (280 mg)
- Hash Browns (310 mg)
- Sausage Patty (340 mg)
- Egg McMuffin® without cheese (580 mg)
- Hotcakes with Syrup (no margarine) (610 mg)

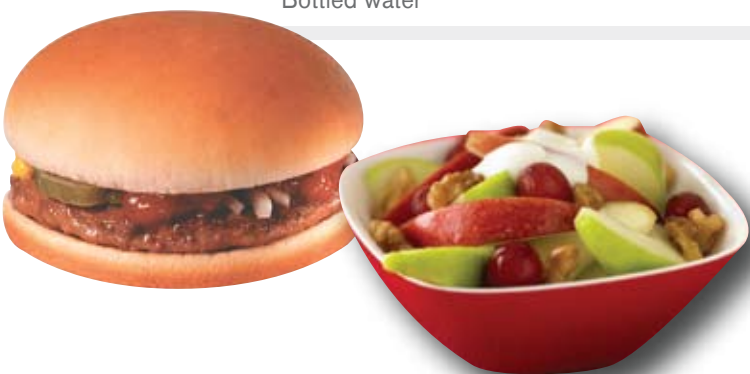
Lunch/Dinner Items: Less than 800 milligrams of sodium

- Snack Size Fruit & Walnut Salad (60 mg)
- Side Salad and ½ pkg. Newman's Own® LowFat Family Recipe Italian Dressing (370 mg)
- Caesar Salad without chicken and ½ pkg. of Newman's Own® Caesar Dressing (430 mg)
- Southwest Salad without chicken and 1pkg. of Newman's Own® Creamy Southwest Dressing (490 mg)
- Hamburger (520 mg)
- Filet-O-Fish® Sandwich without tartar sauce (530 mg)
- Bacon Ranch Salad without chicken and ½ pkg. of Newman's Own® Ranch Dressing (560 mg)
- Big N' Tasty® Sandwich (720 mg)
- Quarter Pounder®+ without cheese (730 mg)
- McChicken® Sandwich without mayonnaise dressing (740 mg)
- Cheeseburger (750 mg)

Snacks: Less than 200 milligrams of sodium

- Apple Juice Box (15 mg)
- Apple Dippers with Low Fat Caramel Dip (35 mg)
- Vanilla Reduced Fat Ice Cream Cone (60 mg)
- Fruit 'n Yogurt Parfait (85 mg)
- Chocolate Chip Cookie (90 mg)
- Strawberry, Hot Caramel or Hot Fudge Sundae (95/160/180 mg)
- 1% Low Fat White or Chocolate Milk Jug (125/150 mg)
- Baked Apple Pie (170 mg)
- Strawberry or Vanilla Triple Thick® Shake, 16 fl oz cup (170/190 mg)

+Based on the weight before cooking 4 oz. (113.4g)



To get the Nutrition Facts for your favorite McDonald's meal, please visit our Bag a McMeal™ feature in the Food, Nutrition & Fitness section at www.mcdonalds.com. We continually update our Nutrition Facts and ingredient information. Nutrition information based on standard formulation; variations may occur.

Nutrient results for meal and menu item suggestions are rounded according to federal rounding regulations. Serving size designation for beverages refers to total cup capacity; the actual amounts of beverage (and ice) may vary. Milk Jugs vary in California and Alaska.

This information is effective 10-01-2008

©2008 McDonald's